

# Support and assistance



## For banking information

Consult the English information sheets from Desjardins service :



How to use ATMs



Send money in another country



Send money by SMS or email



Virtually deposit a check

## For more information and to schedule an appointment

Desjardins Entreprises de Matane

+1 418 562-2058

248 rue Thibault, Matane



## For learning French

There are several French-language services. Ask your employer to enroll you.

Francisation Québec

AgriFrancisation (only for agricultural workers)



# Leisure, sports and culture



## Need to move and make new connections?

Follow us on Facebook to stay informed about what's happening in Matanie!

f Service d'accueil des nouveaux arrivants de La Matanie - SANAM

f Communauté Rézo Matanie

f Loisirs de la Matanie

Tourisme Matane

Town of Matane

Une ville attractive et animée!

+1 418 562-2333

230 avenue Saint-Jérôme, Matane

For English-speaking individuals



f Heritage lower St-Laurence



These social networks are in French, but some users speak English and Spanish.

For any general inquiries, Info TET is the reference program in Quebec to guide you.

+1 888 454-3998

+1 514 235-2765

infotetquebec.com



For personalized service in Matanie region in French, Spanish, or English

Feel free to contact with Marisol Rodriguez

+1 581 232-1862

rodriguezmarisol@cgmatane.qc.ca

at the Service d'accueil des nouveaux arrivants de la Matanie - SANAM

464 avenue Saint-Jérôme, Matane

sanamatanie.org



Fiches d'information et d'accueil



Do you want to know more about Bas-Saint-Laurent?

www.bas-saint-laurent.org



IMMIGRANT QUÉBEC

COLLECTIF RÉGIONAL DE DÉVELOPPEMENT DU BAS-SAINT-LAURENT

Ce projet est financé par le gouvernement du Canada

Canada



Little 2024 guide for foreign workers

# Welcome

to Bas-Saint-Laurent

MRC DE LA MATANIE



Are you a temporary or seasonal foreign worker?

Do you have a closed permit of less than a year and you work in Bas-Saint-Laurent, in Matanie? This information document is for you; it will guide you to the resources available in your language



DIGITAL VERSION

Bas-Saint-Laurent

## Local services



### IN MATANIE



To find second-hand clothing, sports items, or kitchenware at low prices.

Friperie le Grenier

807 avenue du Phare Est, Matane

Friperie Les chiffonniers

11 avenue Desjardins, Matane



For free or low-cost food

Community kitchens in Matanie

221 rue de la Fabrique, Matane

+1 418 562-7828



To find food from my country

Large grocery stores like Super C and Maxi offer a nice variety of food. At the Old Port Galleries, you will also find a pharmacy and various clothing and accessory stores at reasonable prices.

750 avenue du Phare Ouest, Matane



For getting around in La Matanie

Transport Collectif de la MRC de La Matanie

Vous trouverez aussi

Taxi Matane

+1 418 562-2030

Carpooling

webcovoitureur.com



For a health issue

Go to the Matane Hospital Center.

333 rue Thibault, Matane

For health advice, dial 811.

A nurse will guide you to self-care at home or direct you to a resource.

In case of emergency, dial 911.

## Support and assistance



I have a health issue, but I don't speak French or English.

SIARI is here to offer interpretation and translation services for all sorts of situations.

Karol Pulido: +1 514 585-4763

TET@siari.org



For questions regarding taxation

At UPA de la Montérégie, a team will answer all your questions.

+1 888 454-3998

+1 514 235-2765

Trabajadores agrícolas temporales en Québec



I need information and legal advice.

Call Justice ProBono; a lawyer will answer your questions.

+1 866 999-4881

+1 438 337-6002

Justice Pro Bono



I need information about my rights and responsibilities at work.

The Centre for Immigrant Workers defends the labor rights of migrant workers.

+1 438 300-8186

bas-saint-laurent@iwc-cti.ca



I feel lonely and would like to speak with someone in my language.

Don't hesitate. Contact the SOS Psychosocial Health line.

+1 888 286-7584

+1 514 776-7120

soutienTET@cafla.ca



These support services are free and offered in French, Spanish, and English. They are aimed at temporary and seasonal workers with a closed work permit of less than one year.